

Manu Bhaker: We will fill all Olympic quotas because Indians are top shooters.

Manu won the junior gold in air pistol but had to settle for the junior gold in the women's sports pistol competition. Even though the season had been hectic, Olympian Manu Bhaker was glad to conclude it strong in the National Championship in Bhopal. Olympic fans can buy [Olympic Shooting Tickets](#) from our website.

In a media interview on Wednesday, Manu was quite at ease and admitted that she was "not particularly flattered" by her performances. She was happy with her "excellent" performance in the air pistol qualifying round at the national championship and her "world class" performance in the 25-metre sports pistol final.



Manu won the junior gold in air pistol but had to settle for the junior gold in the women's sports pistol competition. The 20-year-old Manu acknowledged that the season was "up and down" after the initial challenge but expressed gratitude for having succeeded in reaching the finals and earning medals.

She was especially happy to be among the top citizens of the nation despite the shooting sport's rapid expansion. "I recall that 430 girls across all

categories were present when I shot my maiden national championship. This time, the field for the pistol event alone was 12,000, according to Manu, who agreed that it is much simpler to earn an Olympic quota than to make the national team.

"We belong to the top 1% of the global elite. Manu expressed his certainty that the national squad would soon secure every available Olympic quota for the Paris 2024 Games. "We will get the Olympic quota seats," he added.

Through their performances at the World Championships, Bhowneesh Mendiratta (trap), Rudranksh Patil (air rifle), and Swapnil Kusale (rifle 3-position) have already earned India three Olympic quotas.



Manu was enthusiastic about hosting the upcoming World Cup in Bhopal in March rather than Delhi after seeing the top-notch infrastructure that the Madhya Pradesh Academy has built there. In January and February of next year, there will be two earlier World Cups for the rifle and pistol that will award spots for the Olympic quota in Jakarta and Cairo.

Manu remarked with a smile that she was taking days off whenever necessary and that she specifically stated that she enjoyed shooting and did not believe it to be a hardship.

Bindra: India's shooters should temper expectations as they get ready for the Olympics.

Olympic gold medalist Abhinav Bindra says Indian shooters need to train properly and keep expectations in check in the lead-up to the 2024 Paris Olympics. Bindra was pleased with Rudranksh Patil's air rifle gold winning performance at the World championships this year.

Indian shooters have excelled in a number of high-caliber competitions in the past, but they were unable to win a medal at the Olympics in Rio de Janeiro and Tokyo. Bindra, who won the first individual gold medal for India in the 10m air rifle event at the 2008 Summer Olympics in Beijing, provided his advice on getting ready for the games.

In order to try and peak at the appropriate time, training must be done scientifically. When asked what the Indian shooters need to do to compete for medals at the Paris Games, Bindra responded, "Careful preparation is something that is really crucial. Olympic fans can buy [Paris Olympic Tickets](#) from our website.



Additionally, it's important to temper your expectations because, when you first start out, your background is irrelevant. Yesterday never matters in sports. Although the experience can be beneficial, it won't offer you an advantage when you first start out. Everyone starts at nothing.

It is important to train in a method that will put you in the greatest possible position to perform; this includes making sure your energy reserves are full and that your physical and technical condition is optimal at the appropriate moment. Then you'll have the best chance if you do that. Nothing can be written in sports.

Bindra was thrilled with Rudrankksh Patil's air rifle performance at the World Championships this year, which earned him the gold medal. Following Bindra's 2006 Worlds air rifle gold medal triumph, Patil won.

"He's a global champion, Rudrankksh! I wish him the most best over the ensuing several years since it is really wonderful to behold. The potential to be the best even in Paris is undoubtedly present, but proper preparation before Paris is necessary to achieve that goal, according to Bindra, the Tata Steel Kolkata 25K's event ambassador.

Bindra was glad to see that shooting was becoming more popular in India. It has been wonderful. Our Nationals had 200 members when I started, but they now number 12,000 members. It requires a month to complete. The increase has undoubtedly been remarkable.

Bindra discussed his function as a representative of the athletes' commission of the International Olympic Committee (IOC).

The IOC Athletes Commission is extremely active. To guarantee that athletes remain at the forefront of all decisions and that their best interests are always taken into account in all decision-making forums, it simply serves as a bridge between the administrators, who are the leadership, and the athletes.



We put a lot of effort into improving the athletes' physical and mental health. We put a lot of effort into ensuring that athletes have a world-class Olympic Games experience. For instance, I have focused my attention on athlete mental health during the past three years. We worked hard to de-stigmatize it and put a lot of effort into developing resources for the athletes.

Bindra was happy with the development of the Olympic Values Education Program, which is being managed by his organization in collaboration with the government of Odisha.

"It's amazing to witness how much athletics is impacting people's lives. Currently, between 35,000 and 40,000 kids play sports, with 15,000 of them being girls. Many of them are discovering the delight of participating in sports for the first time. This project's initial few months have had a significant impact on gender equality, behavioral changes in girls' sports confidence, and boys' increased respect for girls, among other things.

Since respect is one of the fundamental Olympic ideals, we spread it across society. We are conversing (with others about implementing it in other places). Although nothing official has yet been announced, several states have expressed interest. Additionally, Bindra discussed his continued efforts to collaborate with amateur athletes.

"We have 15 centers spread out over the nation. They are doing fantastically. The athletes have been impacted significantly by us. And the

best part—at least I think it's encouraging—is that most of our work involves amateur athletes. I have a great deal of passion about that.

Whether it's the government or other NGOs who work with great athletes, I think elite athletes in this country are already well taken care of. Working with young athletes is my passion. It is a drawn-out procedure and a drawn-out dream. When young people first start out and make sure that the foundation that is put through is the appropriate one, that's when the true support is needed, Bindra said. Despite the fact that we never achieve the results we want.

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